Commanders' Fitness Program

- **Every Thursday, 6:30 am**
- **Run/Walk/Exercise** (Your choice)
- **Open to all base personnel**
- **Receive a Commanders' Fitness Club T-shirt after participating four times**
- **Additional prizes offered for additional sessions**
- **Sign-up at the Fitness Center, building 940**

For more information call: 536-HAWC (4